



TAKE OFF POUNDS SENSIBLY

Take Off Pounds Sensibly

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TOPS Chapter # VA 718, Fort Monroe

MEETS EVERY WEDNESDAY

11:45 WEIGH IN

12:00 MEETING

Building 82

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Room 262

Fort Monroe, VA 23651-1032

1-800-932-8677 • www.tops.org

However You Measure Success and Whatever You Have to Lose

TOPS® Is Here for You!

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